

Sour Cream

Pasteurized . Cultured . Grade A

Nutrition Facts			
Serving Size 2 Tbsp.			
Servings Per Container			
Amount per Serving			
Calories 60		Calories from Fat 50	
% Daily Value *			
Total Fat 6g		9%	
Saturated Fat 3.5g		18%	
<i>Trans Fat 0g</i>			
Cholesterol 20 mg		7%	
Sodium 50 mg		2%	
Potassium 55 mg		2%	
Total Carbohydrates 2g		1%	
Dietary Fiber 0g		0%	
Sugars 2g			
Protein 1g		2%	
Vitamin A 4%		Vitamin C 0%	
Calcium 4%		Iron 0%	
* Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000
			2,500
Total Fat	less than	65 g	80 g
Sat. Fat	less than	20 g	25 g
Cholesterol	less than	300 mg	300 mg
Sodium	less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g